



MARTIN HEALTH CARE ACTIVITIES: June 28—July 4th



America the Beautiful Week!

Monday June 28

- 8:30 Room Visits-1:1's
- 9:00 States with Capitals & Their Nicknames & Exercise to follow -5200 East Balcony
- 10:00 States with Capitals & Their Nicknames & Exercise to follow - 5100 Garden Court
- 11:00 Passing Mail
- 1:00 Reminiscing: 4th of July Memories/Traditions -5200 West Balcony
- 3:00 United States Bingo -5100 North Dining Rm.
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

Tuesday June 29

- 9:00 Exercise & June Trivia -5200 East Balcony
- 10:00 Exercise & June Trivia -5100 Garden Court
- 10:30 **Catholic Services**
Channel 88 on your TV
- 11:00 Passing Mail
- 1:00 Memory Makers -5100 & 5200 (Outside) Manicures
- 1:30 Manicures -5100 Garden Court Tables
- 3:00 Wellness w/Leah—Garden Court
- 3:00 Bean Bags -5200 North Living Rm.
- 4:00 Manicures -5100 Garden Court Tables

Wednesday June 30

- 9:00 Listening to Patriotic Music & Exercise to Follow -5200 East Balcony
- 10:00 Listening to Patriotic Music & Exercise to Follow -5100 Garden Court
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:30 **HAPPY HOUR**
-5200 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

Thursday July 1

- 8:30 Room Visits-1:1's
- 9:00 Exercise & 33 U.S. Annoyances - 5200 East Balcony
- 10:00 Exercise & 33 U.S. Annoyances -5100 Garden Court
- 11:00 Passing Mail
- 1:00 Memory Makers— 5100 & 5200
- 1:30 Manicures—5200 West Sitting Area
5200 East Sitting Area
- 3:00 Wellness w/Leah -5200 South Living Rm.
- 3:00 Garden Court Listening to Music & Sing a Longs— 5100

Friday July 2

- 9:00 Paper Roll American Flag Craft & Exercise to Follow -5200 East Balcony
- 10:00 Paper Roll American Flag Craft & Exercise to Follow -5100 Garden Court
- 11:00 Passing Mail
- 1:00 Root Beer Floats—All Floors
- 2:30 Bean Bags – 5100 Garden Court
- 4:15 Cleaning & Feeding the Birds -5100 East Sitting Rm.

Saturday July 3

- 8:30 Room Visits- 1:1's
- 10:00 Manicures —C/D Hallways in Rooms
- 11:00 Passing Mail
- 12:30 Memory Makers— 5100
- 1:30 Exercise & Reminiscing: 4th of July Memories/Traditions -Garden Court 5100
- 2:30 United States Bingo -5200 South Dining Rm.
- 3:45 Reminiscing: How did you Celebrate Patriotic Holidays? -Outside on the East Balcony-5200

Sunday July 4

HAPPY INDEPENDENCE DAY!!

- 9:00 **4th of July Ceremony**
Social Center-WMV
Will start transporting residents
Over at 8:35 a.m. from MHC
- 10:30 **Live Streaming of**
2nd Presbyterian
Church Service
Channel 88 on your TV
- 11:00 Memory Makers—5200
- 1:30 **RED,WHITE & BLUE** Popsicles
Patriotic Music & Sing-a-Long
- Garden Court
- 3:30 **Vespers— MPR ROOM**

ACTIVITIES WILL BE OUTSIDE
WHEN WEATHER PERMITTS!
**** PLEASE WEAR YOUR FACE**
MASK TO ALL ACTIVITIES**



TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: June 28—July 4



Monday June 28

9:30 Flexible Fitness
10:00 First Presbyterian Service
3:00 Chair Yoga
3:30 St. John's Service

Friday July 2

9:00 Sit and Fit
1:00 Chair Chi
7:00 Movie:
"Soul"
(2020, Rated PG)
1hr, 40 min.

*** For visits with MHC
Residents please contact:
Miya Williams at (309)319-2539

Tuesday June 29

9:30 Sit and Fit
10:30 Catholic Service
2:00 Wesley United Methodist
Service
3:00 Shadow Boxing

Saturday July 3

9:00 Hands in Motion
7:00 Movie
"Rachel, Rachel"
(1968, Rated R)
1hr, 41 min.

** Check Channel 3 for
Movie descriptions **

Wednesday June 30

9:30 Flexible Fitness
12:00 Wellness Wednesday
2:00 Broadway Theatre
"An American in Paris"

Sunday July 4

9:00 Live Streaming of
Calvary United Methodist
Church Service
10:30 Live Streaming of
2nd Presbyterian
Church Service

HAPPY BIRTHDAY!!
MARGARET BURGER 06/28

Thursday July 1

9:00 Chair Dance
1:00 Hands in Motion
7:00 Entertainment
"Around the Town:
Souvenir de Florence"

